

We claim:

1. A device for assisting hyperhydrosis therapy, the device comprising:
  - (a) a material with an upper face and a lower face, the lower face of the material being suitable for placement in contact with an area of the dermis of a patient with hyperhydrosis, wherein the dermal area is an area which exhibits excessive sweat secretion, and;
  - (b) the material has a plurality of perforations which extend completely through the material from the upper face to the lower face.
- 10 2. The device of claim 1, wherein the material has an exterior border which circumscribes the material and wherein the exterior border is not perforated.
- 15 3. The device of claim 2, wherein the material is flexible, so that when the material is pressed against the dermal area, substantially all of the exterior border is in contact with the dermal area.
- 20 4. The device of claim 1 wherein the perforations are spaced apart by a first uniform distance.
- 25 5. The device of claim 4, where the device further comprises a second plurality of perforations spaced apart by a second uniform distance, and wherein the first uniform distance is not equal to the second uniform distance.
- 30 6. The method of claim 1, wherein at least one of the perforations has a bore with a first end opening at the upper face and a second end opening at the lower face, wherein the diameter of the first end of the bore is greater than the diameter of the second end of the bore.

7. The method of claim 6, wherein all the perforations have a bore with a first end opening at the upper face and a second end opening at the lower face, and wherein the diameter of the first end of each bore of each perforation is greater than the diameter of the second end of the bore.

8 A device for assisting hyperhydrosis therapy, the device comprising:  
(a) a material with an upper face and a lower face, the lower face of the material being suitable for placement in contact with an area of the  
10 dermis of a patient with hyperhydrosis, wherein the dermal area is an area which exhibits excessive sweat secretion;  
(b) the material has a plurality of perforations which extend completely through the material from the upper face to the lower face, and;  
(c) the material has an exterior border which circumscribes the material  
15 and wherein the exterior border is not perforated.

9. The device of claim 8, wherein the material is flexible, so that when the material is pressed again the dermal area, substantially all of the exterior border is in contact with the dermal area.

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10. The device of claim 8 wherein the perforations are spaced apart by a first uniform distance.

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11. The device of claim 10, where the device further comprises a second plurality of perforations spaced apart by a second uniform distance, and wherein the first uniform distance is not equal to the second uniform distance.

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12. The device of claim 8, wherein at least one of the perforations has a bore with a first end opening at the upper face and a second end opening at the lower face, wherein the diameter of the first end of the bore is greater than the diameter of the second end of the bore.

13. The device of claim 12, wherein all the perforations have a bore with a first end opening at the upper face and a second end opening at the lower face, and wherein the diameter of the first end of each bore of 5 each perforation is greater than the diameter of the second end of the bore.

14. A method for assisting a hyperhydrosis therapy, the method comprising:

10 (a) determining a dermal area of a patient which exhibits hyperhydrosis;

(b) placing in contact with the dermal area a lower face of a device comprising: (i) a material with an upper face and a lower face, and; (ii) the material having a plurality of perforations which extend completely through the material from the upper face to the lower face;

15 (c) extending a marker through a perforation so as to mark a dermal surface under the lower face of the material, and;

(d) removing the device from contact with the dermal area.

16. The method of claim 14, wherein the determining step comprises 20 use of an iodine starch test.

17. The method of claim 14, further comprising after the removing step, the step of injecting a botulinum toxin at the location of the mark on the dermal area.

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18. A method for assisting a hyperhydrosis therapy, the method comprising:

(a) determining a dermal area of a patient which exhibits hyperhydrosis;

(b) placing in contact with the dermal area a lower face of a device comprising: (i) a material with an upper face and a lower face, and; (ii) the material having a plurality of perforations which extend completely 30 through the material from the upper face to the lower face;

- (c) extending a marker through a perforation so as to mark a dermal surface under the lower face of the material;
- (d) removing the device from contact with the dermal area, and;
- (e) injecting a botulinum toxin at the location of the mark on the dermal area.

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